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MILBANK MEMORIAL FUND, N. Y.

QUARTERLY BULLETIN

NEW YORK HEALTH DEMONSTRATIONS

The State Charities Aid Association (New York) is the organizing and supervisory agency for the Cattaraugus County (rural) and Syracuse (urban) health demonstrations. Operating responsibilities in the demonstration districts are in the hands of local health and educational authorities and of voluntary health and welfare agencies



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THE third annual meeting of the Advisory Council of the Milbank Memorial Fund followed within a week the organization on November 14, 1924, of a Community Health Council in the City of New York, through which public and private agencies will co-operate in conducting the metropolitan health demonstration in the Bellevue-Yorkville district of the Borough of Manhattan. This will supplement the similar urban and rural projects already under way in New York State. Ex-Senator Elihu Root, on behalf of the Fund's Board of Directors, welcomed the members of the Advisory Council, a majority of whom were present. William H. Welch, Dean of the School of Hygiene of Johns Hopkins University and Chairman of the Council, presided over the meeting, which was held on November twentieth.

The session was opened with a silent toast to the memory of the founder of the Fund, Elizabeth Milbank Anderson, and to the recently deceased members of the Advisory Council, Dr. John L. Heffron, Dr. L. Emmett Holt, and Dr. T. Mitchell Prudden. The toast was proposed by Mr. Root, who was the first speaker.

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"The extreme difficulty of getting truth into the minds of men stands in the way of much public enterprise," said Mr. Root. "I think the power of coal saved in our locomotives is a little less than 5 per cent and the loss 95 per cent," he continued. "If there is that loss in the power of coal in transportation, you may multiply it by one hundred in order to obtain an idea of the loss of all the vast multitude of words that are poured out upon the people of America, day by day and night by night, in newspapers, and magazines, and books, and lectures, and class-rooms, and public meetings—words upon words in fogs. There is not one-tenth of one one-hundredth of one per cent of them which makes a lodgment and amounts to anything in the minds to which they are addressed. Only the people read things who don't need to read them. The people who ought to be affected by a speech are bored by it. We keep saying over and over again to each other the things that we agree upon, but we seldom get at the people who don't agree with us.

"Now, when it comes to certain humanitarian efforts, it is almost impossible to do anything of any value from without—by external forces—without having the individual energized, made sympathetic, made an assistant in the effort. The great question with all people who want to improve the condition of mankind is, how to get mankind to try to improve itself. In the attempt to teach people how to avoid the scourge of disease, to teach them to stop it when it begins, to cure it, to make it a continually dwindling and gradually disappearing evil, we have been led by wise advice to undertake something besides mere words—*demonstration*."

A total of sixteen speakers took part in the discussion of subjects introduced at the meeting.* Dr. Welch, Dr. William H. Park, Dr. W. S. Rankin and Dr. Frankwood E. Williams discussed "The Social Implications of a Longer Life."

*A more complete account of the Advisory Council meeting will be given in the Milbank Memorial Fund Annual Report, 1924.

Homer Folks, Miss Elizabeth G. Fox, Dr. Matthias Nicoll, Jr., and Dr. C.-E. A. Winslow discussed the question "How Much Will People Pay for Health?"

In the absence of Dr. Frank J. Monaghan, Commissioner of the New York City Department of Health, a statement about the metropolitan demonstration as prepared by him, was read by Dr. S. W. Wynne, Acting Director of the Bureau of Hospitals of the Health Department, who also participated in the discussion.

A brief report of recent progress in the Syracuse demonstration was made by Dr. Thomas P. Farmer, Commissioner, and by Dr. George C. Ruhland, Deputy Commissioner, of the Department of Health of that city. A similar survey of current work in the Cattaraugus County demonstration was presented by Dr. Leverett D. Bristol, County Health Officer, and John Walrath, President of the Cattaraugus County Board of Health.

Pointing out that it is absolutely impossible to lengthen life, to reduce mortality by the application of medical knowledge to human welfare, without at the same time improving the vitality and physical condition of life, Dr. Livingston Farrand, in closing the discussion, stressed the importance of the demonstration method in effecting this result. "I, for one, am thoroughly optimistic, not only as to the specific results to be obtained in the demonstration areas, but as to the receptivity of the American people to the facts once they are demonstrated," he said.

The organization of the Community Health Council to conduct the metropolitan demonstration in New York City was the outcome of resolutions adopted by the Advisory Council on November 15, 1923. Some 100 representatives from more than sixty voluntary and official organizations attended the meeting, over which Commissioner Monaghan presided.

Representing the Board of Directors of the Milbank Memorial Fund, Albert G. Milbank, explained the aims of that body in inaugurating and granting funds in aid of the health demonstrations, and set forth the manner in which the Fund was preparing to co-operate in the proposed metropolitan demonstration. In voicing the appreciation of the City of New York and of the Department of Health, Commissioner Monaghan emphasized the value of the opportunity presented by the demonstration for effective and concerted action by public and private agencies engaged in community health work.

Dr. Monaghan was elected Chairman of the newly organized Council. Dr. John J. McGrath was made First Vice-Chairman; Miss Lillian D. Wald, Second Vice-Chairman; and Miss Alta Elizabeth Dines, Secretary. Dr. James Alexander Miller was appointed Chairman of the Executive Committee, which consists of representatives of various organizations in the Bellevue-Yorkville district.

At a recent meeting of the Technical Board, the resignation of Dr. Bernard L. Wyatt, its Secretary, was accepted with regret. Dr. Wyatt, who is a specialist on tuberculosis, will practice medicine in Tucson, Arizona.

Otto R. Eichel, M. D., Director of the Division of Vital Statistics of the New York State Department of Health, died on December 24, 1924, at Geneva, Switzerland. As a member of the Statistical Advisory Committee of the Milbank Fund, Dr. Eichel rendered valuable assistance in outlining the statistical services of the health demonstrations. At the time of his death, he was on a year's leave of absence from the State Health Department, serving as temporary head of the Division of Vital Statistics of the Health Section of the League of Nations.

THE RURAL HEALTH DEMONSTRATION

Controlling Tuberculosis in Cattaraugus County

THE death rate from pulmonary tuberculosis in Cattaraugus County has been around 70 per 100,000 population for the past decade. While the rate in rural communities generally has steadily and continuously declined, and while the rate in the original registration states and the District of Columbia has decreased 32 per cent, the Cattaraugus County rate has shown no marked trend. The county is typically rural, relatively isolated, affected only slightly by recent immigration. The increase in population during the past five years has been approximately 5 per cent, which has influenced almost exclusively the urban centers. Dairying is the chief industry, although approximately 10,000 people are engaged in manufacturing. Ten per cent of the population are foreign born, German and Polish predominating.

As a means towards the reduction of the death rate from tuberculosis, an intensive effort has been and is being made to discover all cases of tuberculosis resident in the six health districts, into which Cattaraugus County has been divided. This work, which is being done with the assistance of the district health nurses, and under the supervision of the Director of the Bureau of Tuberculosis of the County Board of Health, is carried on chiefly through the diagnostic clinics located in the district health stations. Each of these stations is open at all times, and each has been equipped with adequate clinical facilities, including X-ray appliances. It is estimated that a minimum of approximately 15,000 examinations will be made in these clinics during the period of intensive demonstration.

Attendance at the regular clinics, which at present averages ten full days monthly, is constantly increasing. In addition to a general medical examination, a chest examination is made, the results of which are reported to the physician attending the patient. Stress is placed on the value of yearly physical examinations. Clinical examination as a method of finding new cases, is supplemented by consultation service with private physicians, and by school medical examinations. Increased demands for the development of a consultation service resulted in a recent authorization of the appointment of an Assistant Director of the Tuberculosis Bureau to assist in this work.

To December 1, 1924, a total of 3,156 examinations for tuberculosis had been made at the clinics. Of these, 2,645 were made during eleven months in 1924. A total of 2,636 persons were examined, 2,152 of them in the latter period. There has been a corresponding increase in the finding of active tuberculosis cases, with the result that 270 were reported to the New York State Department of Health during the first eleven months of 1924, as against 108 in 1923, and 25 in 1922.

It has been estimated that 1,800, or 15 per cent, of the total number of school children in Cattaraugus County between the ages of five and fourteen should receive careful, and in many instances repeated, examinations. These constitute (a) children who are 10 per cent or more below the accepted standard of weight for age; (b) those who are known to have been exposed to tuberculosis in their homes; and (c) those whose physical condition is below par and considered unsatisfactory by the family physician or teacher.

It is estimated that approximately 150, or 8 per cent, of these children will, upon thorough examination, be found tuberculous. To December 1, 1924, fifty had already been found to be suffering from tuberculosis and had been placed

in the County Sanatorium or under medical control and nursing supervision in their homes.

Excluding the cases undergoing treatment at the sana-



Persons of all ages come and are brought to the diagnostic clinics held in the six district health stations. Each patient is given a chest examination.

torium, there were on November first, approximately 300 cases in the county under the supervision of the nursing service of the demonstration, about 25 per cent of them active. During the year ended October 31, 1924, a total of 1,350 visits out of 1,800 were made to active tuberculous patients by the nursing staff, which in addition to a supervising nurse and an assistant assigned especially to do tuberculosis work, numbers thirteen field nurses. There is also a supervisor of school nursing work. The program of treatment for tuberculosis includes the home visiting by the

nurses of those cases requiring it, the spreading of information about the disease to their families, and a complete follow-up service for patients, suspects and contacts. This routine is based upon the sanatorium-home treatment program adopted by the American Sanatorium Association in 1921, and the standards followed cover hygiene and social conditions, medical and nursing care.

The system of supervised home care was inaugurated because of some prejudice towards sanatorium treatment and because of limited facilities for institutional care, particularly for the so-called "pre-tuberculous" group of children. In treating tuberculosis it is often not practicable to deal with a patient apart from his or her family and such action is not always advisable or necessary. A comparison of results achieved by home treatment as compared with sanatorium treatment will be an interesting study of the demonstration.

Based upon the ratio of cases to deaths, established in the Framingham demonstration (e.g., that for every death from pulmonary tuberculosis there are nine active cases of this disease), it is estimated that there are approximately 550 cases of tuberculosis in Cattaraugus County, which may be discovered by a thorough case finding campaign. It is also probable that a minimum of 400 new cases will develop during the next four years. Stress is therefore being placed upon the value of a yearly medical examination for all members of the community.

The Director of the Bureau of Tuberculosis is also Superintendent of the County Sanatorium. Prior to the beginning of the demonstration, the principle that the effectiveness of sanatoria depends upon their ability to serve the incipient case first, had been practiced at the Cattaraugus County institution only to a limited extent. In common with most rural county sanatoria, it had been utilized chiefly as a domicile for patients in advanced stages of tuberculosis. This gave rise to a general impression that such treatment

was not so effective when applied to incipient cases. In their educational work in the county, the public health nurses are attempting to correct this belief.



The close scrutiny given each child attending the diagnostic clinics includes an examination of the ear drums.

About 27 per cent of the cases now discovered are incipient. Results already accomplished indicate that by the development of adequate machinery for early diagnosis, the percentage now discovered in the average rural community of cases with tuberculosis in a stage offering the best prospects for permanent arrest, can be doubled, tripled, or in some instances even quadrupled. There is every reason to suppose that the supervision and treating of these cases will in a comparatively short time result in a marked reduction in the morbidity and mortality rates from tuberculosis in Cataugaus County.

An appropriation of \$10,000 was made recently by the County Board of Supervisors for the construction of an addition to the sanatorium for the separate accommodation and treatment of children. The present capacity of the institution is forty beds and it is expected that the minimum capacity will ultimately be increased to one bed for each annual death. The present institution has recently undergone repairs and renovation.

Applications for admission to sanatoria from any community are apparently in direct proportion to the amount of clinical and consultation work done there, and to the extent of the local popular knowledge about the results of treatment of tuberculosis. During 1922, previous to the beginning of the demonstration in Cattaraugus County, nine clinics were held in the county. The total number of patients examined was ninety-two. According to an estimate made in July, 1924, approximately three times this number are now being examined monthly. Forty patients were admitted to the County Sanatorium during the fiscal year ending in 1923, and eighty-four during the same period in 1924—an increase of 110 per cent. There were 14,294 hospital days in the latter year as compared with 12,775 in the former—an increase of 1,500 hospital days. Since the inauguration of intensive clinical work and consultation services, a waiting list has been established at the sanatorium, the annual "turnover" has been increased one-third, and a larger percentage of less advanced cases are being admitted. In addition, a number of cases have been admitted to the state sanatorium.

STEPHEN A. DOUGLASS, M. D.

*Director of the Bureau of Tuberculosis,
Cattaraugus County Board of Health.*

Orthopedic Work in Cattaraugus County

A survey of crippled children has recently been made in Cattaraugus County. At the time the Board of Supervisors

initially considered co-operation in an intensive health demonstration in the county, Homer Folks, Secretary of the State Charities Aid Association, suggested that such an inquiry would no doubt be needed, and that provisions would need to be made for clinical treatment of the handicapped, and funds made available for relief in cases where necessary. The task of finding disabled children and of securing necessary relief funds, was undertaken by the Cattaraugus County Tuberculosis and Public Health Association. Sixty-six cases were reported during the first month of the survey, which was made by Mrs. Ella M. Finch, field secretary of the association. In making the census, valuable information was supplied by the School Medical Service and by local physicians, clergymen, nurses and others. By February 1st, 1924, 166 crippled children had been found, the majority of them boys. Of the twenty of those residing in Olean, sixteen were boys and four were girls. Of the nineteen in Salamanca, nine were boys and ten were girls. Of the 127 living elsewhere in the county, eighty were boys and forty-seven, girls.

Important information about each of the handicapped children is kept in the Association files. In addition to the name and age of the child, this includes the parents' names, information about the type, location, cause and degree of the disability, and about any medical care which has been provided. In the cases of those children treated at the orthopedic clinics, full histories together with recommendations of the surgeon, are available.

Of a total of 175 crippled children noted since the beginning of the survey, only one can be considered totally disabled. As in 48 per cent of the cases, this child's handicap resulted from infantile paralysis. Twenty per cent are charged as being due to congenital deformities; 12 per cent, to tuberculosis; 10 per cent, to accidents at birth; and 10 per cent, to injuries.

Five orthopedic clinics have been held in Cattaraugus

County during 1924, and as a result practically 60 per cent of the eighty-two children examined there for handicaps are being given treatment for their disabilities. The first clinic, attended by twenty crippled children, was held in Olean on January 31st, with Dr. Le Roy Hubbard, orthopedic surgeon of the New York State Department of Health, as clinician. The other clinics were held by Dr. Hubbard in May—twenty-three children being examined in a clinic held in Salamanca, seven at one held in Randolph, sixteen in Franklinville, and sixteen in Cattaraugus.

In accordance with the recommendations of the clinician, treatment has been carried out in the majority of cases of those children who were brought to the clinics. Miss Helena T. Mahony, of the nursing staff of the State Department of Health, with the co-operation of local physicians and nurses, assisted the field secretary of the Association in arranging for the after care of many of these patients. In one instance, treatment involved the performing of seven major operations. Where exercises were recommended, in many cases mothers and older children were instructed to aid the child. In others, the child has been taught to carry out exercises himself.

In many communities in the county, committees have been formed to assist in financing the treatment of children, whose parents are not able to afford it. Lodges and local clubs have assisted in this work, which is under the supervision of a county committee of the Association. A fund of \$4,000 has been raised from private subscription for this purpose. On the committee of the Association acting as a clearing house for the financing of treatment in indigent or temporarily indigent cases, are G. C. Carey, Wm. A. Dusenbury, Edward V. Vreeland and John Walrath.

JOHN ARMSTRONG,

Executive Secretary, Cattaraugus County Tuberculosis and Public Health Association

Rural County Laboratory Service

Laboratory methods and facilities for the diagnosis, treatment and control of disease have been made readily available



When admitted to the County Sanatorium, this little girl of seven was suffering from serious tuberculous infection in both lungs and in the glands of the neck. With the aid of the modern facilities afforded at the Sanatorium, she is being treated with remarkable success.

to local physicians in Cattaraugus County, including members of the demonstration staff, by the development there of the County Diagnostic Laboratory at Olean. Formerly it was necessary to depend largely upon the New York State laboratory at Albany for many of the services now afforded by the county laboratory. The existence there of an adequately equipped laboratory has made possible more rapid diagnosis, earlier treatment, and therefore better local facilities for the control of communicable diseases.

The Diagnostic Laboratory is prepared to make practically all of the established routine examinations used in public health work. In addition, it offers to the county a so-called clinical laboratory service, acting as a depot for the distribution of the various serums and vaccines used in the prevention and treatment of disease. Through seven sub-stations located in different sections of the county, it makes these valuable agents readily accessible to physicians in the county. The services of the Director of the laboratory are also available to physicians in obtaining specimens and for consultation.

By mail, the laboratory offers to the rural physician remote from Olean the same service afforded those near at hand. Through its sub-stations, as well as from the laboratory itself, it supplies complete outfits for the taking and mailing of specimens for examination. While the time interval in the receipt of specimens may be longer, once examination has been made, the doctor is able to learn the result immediately by telephone. The mailing outfits are so made and sealed that there is practically no danger of breakage or leakage.

That the laboratory is being used more and more is evidenced by the increase in its mail service. During the first ten months of 1924, a total of 4,149 mailing outfits have been supplied to physicians by the laboratory. At the same time, 1,087 packages of serums and vaccines have been distributed. A total of 4,344 examinations have been made at the laboratory during this period.

Prior to May 1, 1923, the laboratory was maintained by the Board of Health of the City of Olean, having been established by that body principally for the bacteriological and chemical examination of milk, and subsequently equipped to serve the community as a diagnostic laboratory, offering its services gratis to physicians outside of Olean. One of the first steps urged by Dr. Leverett D. Bristol upon his ap-

pointment by the newly created Board of Health as County Health Officer and as Director of the Cattaraugus County Health Demonstration was the establishment of a laboratory



Complete mailing outfits supplied by the Cattaraugus County Diagnostic Laboratory enable physicians in remote parts of the county to avail themselves of modern laboratory facilities in arriving at correct diagnoses.

which would give county wide service. The city authorities co-operating, this resulted in the re-establishment by the county health board of the existing laboratory in Olean as the Diagnostic Laboratory of Cattaraugus County, on the above date. Additional quarters were provided in the City Hall at Olean, together with necessary additional equipment. The director of the city laboratory continued in charge, being employed on a full time basis and provided with an assistant.

J. P. GAREN, M. D.

*Director, Diagnostic Laboratory,
Cattaraugus County Board of Health*

THE SYRACUSE HEALTH DEMONSTRATION*Résumé of Recent Progress*

NOTWITHSTANDING the fact that the work of organizing the services planned in connection with the health demonstration in Syracuse is far from complete, the project here shows definite and gratifying progress at the end of its second year. There has been improvement and extension which seems proportionate to the increased resources made available from demonstration funds. With the thirty-two employees added from this source to the city's health service, the combined personnel of the official agencies co-operating in the demonstration is now 106. The contribution from demonstration funds of \$71,426.00 to the city's budget for the year 1924 provided a total of \$254,210.00 for health activities through official agencies, or \$1.35 per capita of the city's population.

Records indicate that a satisfactory control of tuberculosis has been established here. The number of new cases reported during 1924 is slightly larger than in 1923. The far and moderately advanced cases examined at the clinics number practically the same as in the year preceding, but there is a definite increase in the incipient and suspected cases examined. Tuberculosis clinics have been increased from three to six. The number of home visits made by nurses and the re-visits of patients to clinics was distinctly larger in 1924 than heretofore. An additional clinic station has been established in a densely populated Polish district in the western part of the city. This is also being used for an enlarged child welfare service.

The thoroughness of the follow-up of reported cases of tuberculosis is shown by the fact that out of a total of 243 cases

classified as "whereabouts unknown" when the demonstration was begun, all but eighteen have been accounted for. During 1924, there had been located in Syracuse approximately seven and a half cases for each death from tuberculosis among residents of the city.

Inspections made by nurses in the Bureau of School Inspection appear to be increased threefold. Corrections were secured in 300 cases of defective vision; and in 241 cases, either tonsillectomy or adenectomy, or both, were undertaken. Through the influence of the health teacher attached to the service, every parochial school but one has provided itself with scales for weighing and measuring children, and with the co-operation of the Knights of Columbus, funds have been secured to provide necessary care of the eyes of indigent children in the schools. The oral hygienist examined over 2,000 children, giving prophylactic treatment to 888 of them. A total of 1,645 were referred elsewhere for dental service.

The Well Baby Clinics show an increase in attendance of 1,870 over 1923 and home visits by nurses increased by 10,000.

Infant mortality shows a lowering from 83.4 per thousand living births in 1923 to 69.6 in 1924, the lowest infant mortality rate on record in the city thus far. The death rate of infants under one month, however, remains practically the same and will require special attention. The reduction of infant mortality from gastro-intestinal diseases from 13.3 in 1923 to 6.7 for 1924, is, no doubt, due essentially to the pasteurization of the city's milk supply, put into effect early in 1924, as well as in part to the special attention given the subject of diarrheal diseases by the Bureau of Child Hygiene.

There were 140 cases of infantile paralysis reported during 1924. With the additional personnel in the Bureau of Com-

municable Diseases, provided from demonstration funds, it was possible to investigate suspected cases promptly, to diagnose and to institute treatment earlier. There is no doubt but that this has been a factor in the saving of lives and in reducing the incidence of graver paralysis. There were twelve deaths from this disease during the year. It is significant that five out of every six cases treated with serum escaped paralysis.

The incidence of diphtheria during 1924 has been about one-half the norm of cases reported during the preceding five-year period. The work of immunizing against this disease is being carried forward in the infant welfare clinics and in both the public and parochial schools.

Work was begun recently in the field of venereal disease prevention.

A wide public interest in the demonstration has been developed in Syracuse. Local newspapers, including *The Catholic Sun*, have devoted considerable space to keeping their readers informed about the activities of the Health Department—as for example, the diphtheria immunization campaign, the opening of a new health center, and the control of the infantile paralysis outbreak. Feature stories on health appear in the Sunday papers. These are supplemented by similar stories for children presented by the health teachers in the public and parochial schools. The health education program is being carried out by the Health Department's Bureau of Health Education. This bureau publishes *Better Health*, a magazine popular in tone which goes bi-monthly to a mailing list of approximately 3,000. Its special publications descriptive of the demonstration, "This Means Dollars to You" and "For Syracuse and For You," have been widely distributed in the city.

GEORGE C. RUHLAND, M. D.

Deputy Health Commissioner, Syracuse.

Health Work in the Syracuse Schools

The rapid development of health work in the public schools of Syracuse during the last year and a half may be regarded



As a means of impressing health facts upon the minds of children, dramatics are being effectively used in the Syracuse schools. Here, pupils in the Porter School are rehearsing a scene from "Mr. Cold, You Can't Catch Me," which was first published in a recent issue of *Better Health*, and first presented in the schools of Syracuse.

as the result of a widespread realization on the part of the people of this city of the importance of preventive measures in the conservation of the health of the school child. *Non scolae sed vitae* (knowledge without health cannot profit us) is becoming an accepted precept among parents. For many years the public schools have desired to extend their health work. The inauguration in May, 1923, of the Syracuse Health Demonstration, and the co-operation therein of the Milbank Memorial Fund, have made this possible and have done much to aid the schools in awakening public opinion in the city to the importance of the health of the school child.

As the school health work progresses, increased in scope and effectiveness by the addition to the school staff of a full-time school physician, six additional school nurses, three dental hygienists and a director of health education, increasing evidence is available to show that the enlarged program is resulting in the improvement of the general health of Syracuse children of school age. The medical inspection given every child on the opening of school in September, 1924, for example, showed the children to be in better physical condition than at any previous school opening since such examinations were started.

Medical and physical examinations are made of each pupil at the beginning of each school term. In addition, the medical inspectors and nurses make a weekly inspection in each class-room in order to prevent the spread of disease.

Although recent records do not show a marked growth in the numbers of such examinations, which the increase in the number of examined might lead one to expect, there has been a decided improvement in the character of these inspections. They are now being conducted more slowly, and with greater attention to detail. A report to the parent or guardian is made covering the health and physical development of each child. When defects are found, remedial suggestions are given. If the child is discovered to be suffering from adenoids, diseased tonsils, defective teeth, vision or hearing, parents are given advice as to how to proceed in having the condition remedied. The nurses follow up these suggestions in the home and often assist parents in carrying them out.

That this effort is resulting in the correction of the defects found, is indicated by the records. In the year 1922-1923, a total of 5,325 children had defects corrected which had been discovered at school. In 1923-1924, a total of 7,195 children had defects corrected. In other words, in the earlier period, 55 per cent of the children whose parents' attention was

called to their defects had them corrected; while in the latter 91 per cent of the children were interested in having their defects corrected.

It has long been known that diseased teeth were responsible for a great amount of ill health among school children, including anemia, nervous troubles, rheumatism, heart disease, chorea and numerous other acute infectious diseases. It has been estimated that about four-fifths of all school children need dental attention. Funds from the health demonstration have made it possible to carry out an oral hygiene program in the Syracuse schools. As a result, during the year 1923-1924, the dental hygienists have examined the teeth of 8,356 school children, charted the teeth of 3,267 and cleaned the teeth of 1,962. During this period 2,597 children have been recommended to family dentists. In 797 classes, children have been given lessons on the care of the teeth and taught to regard the toothbrush as a friend.

As a child grows, every advance in inches calls for a corresponding advance in pounds. With this idea in mind all the children are weighed and measured in the Syracuse schools. In 1922-1923, there were 18,097 children weighed in the schools, and in 1923-1924 there were 22,359. In the first period of examination, 16 per cent of the children were found underweight, and in the last, 14 per cent. It is expected that as the school health work progresses this percentage will be further reduced.

There is no part of the program more important than that of health education. Funds made available through the Syracuse Health Demonstration, have made possible the employment of a Director of Health Education who exercises general supervision over health work in the various schools, going from room to room instructing the pupils in health lessons. The Director has made use of numerous ingenious and attractive methods to gain and hold the in-

terest of the children. Among some of the interesting features she has established are health clubs where groups of undernourished children are brought once a week for a period of forty-five minutes. During this period, the children are weighed and measured and given special instruction in health habits. Parents are invited to attend these sessions and their co-operation is sought in enlisting the child's interest in his personal health and hygiene. There has been a marked improvement in the general health of the children in these classes. School health clubs, in which classes compete for banners given for the highest degree of excellence in health work, have also proven a valuable part of the health education program.

The treatment and examination for goiter, which during 1923-1924 was made the subject of a special survey by ten school physicians assisted by nurses, is being continued during 1924-1925. All of the children registered in the public schools in 1923-1924 were examined, there being a total of 25,875. About 16 per cent of the total school population were found to have demonstrable goiter, the condition being about three and one-half times as prevalent in girls as in boys. The nurses and doctors report that in 423 of the cases treated the goiters have disappeared, and in a still larger group there has been improvement.

The school health work is administered by the Division of Health Supervision of the Public Schools. In working to preserve the health of the Syracuse school child, to repair his existing deformities and to render him in every way possible physically and mentally fit for the struggles of life, the Division is co-operating in putting into effect one of the major clauses of the local health demonstration program.

JOSEPH C. PALMER, M. D.

*Director, Division of Health Supervision,
Syracuse Department of Public Instruction.*

SUPERVISORY AND OPERATING AGENCIES

STATE CHARITIES AID ASSOCIATION

State Committee on Tuberculosis and Public Health

(Designated by the Milbank Memorial Fund on May 22, 1922, as the Organizing and Supervisory Agency for the New York Health Demonstrations in Syracuse and in Cattaraugus County.)

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JESSAMINE S. WHITNEY, *Statistical Consultant*

LOCAL OPERATING AGENCIES

CATTARAUGUS COUNTY DEMONSTRATION

County Board of Health

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WILLIAM A. DUSENBURY, *Olean*

MYRON E. FISHER, M.D., *Delevan*
M. L. HILLSMAN, M.D., *Little Valley*
J. W. WATSON, *New Albion*
MISS LILLA C. WHEELER, *Portville*

LEVERETT D. BRISTOL, M.D., *County Health Officer*

STEPHEN A. DOUGLASS, M.D., *Tuberculosis Consultant*

J. P. GAREN, M.D., *Director of County Laboratory*

County School Health Service

C. A. GREENLEAF, M.D., *Director*

County Tuberculosis and Public Health Association

C. A. GREENLEAF, M.D., *President*

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